

**AGGRESSION REPLACEMENT TRAINING  
ANGER CONTROL INSTRUCTION EVALUATION**

Facility: \_\_\_\_\_ Observer: \_\_\_\_\_ Title: \_\_\_\_\_

Date: \_\_\_\_\_ Trainer: \_\_\_\_\_ Title: \_\_\_\_\_

Time Session Began: \_\_\_\_\_ Co-Trainer: \_\_\_\_\_ Title: \_\_\_\_\_

Time Session Ended: \_\_\_\_\_ Number of Youth Attending: \_\_\_\_\_

ART Week # (or supplemental session): \_\_\_\_\_

Location: \_\_\_\_\_ Seating Arrangement: \_\_\_\_\_

1. Were any issues from last Anger Control Group reviewed (i.e., homework difficulties; group member(s) needing more role playing)? ☐ Y ☐ N

2. Were group norms reviewed? ☐ Y ☐ N

Comments: \_\_\_\_\_

3. What visual aids were used? ☐ poster of the skill of the week  
☐ skill cards for group members  
☐ other visual aid \_\_\_\_\_

4. Was the skill introduced, steps read and briefly explained? ☐ Y ☐ N

5. Was skill modeled by Trainer/Co-Trainer? ☐ Y (once) ☐ Y (twice) ☐ N

6. Were all the steps for performing the skill identified during modeling? ☐ Y ☐ N

7. Were the modeling demonstrations relevant to the youth (i.e., adolescent situations)? ☐ Y ☐ N

8. Did the Trainer open discussion about each young persons' *need* for the skill? ☐ Y ☐ N

Comments: \_\_\_\_\_

9. Did each youth roleplay the skill of the session as the Main Actor? ☐ Y ☐ N

\_\_\_\_\_

10. Did each youth provide performance feedback to roleplays of the other youth? ☐ Y ☐ N

Comments: \_\_\_\_\_

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11. Was order of performance feedback given to role playing youth appropriate?  
☐ Yes – Co-actor, Group members, Co-trainer, Trainer, Main Actor (preferred order)  
☐ No  
Comments: \_\_\_\_\_

12. Were homework assignments given to each youth? ☐ Y ☐ N

13. Was behavior management (inappropriate youth behavior) an issue during the session? ☐ Y ☐ N

Comments: \_\_\_\_\_

If there were behavior management issues, how were they handled?

\_\_\_\_\_  
\_\_\_\_\_

**Items for Post-Group De-briefing between Observer and Group Training and Co-trainer:**

14. Trainer's self-evaluation of session and ideas for improvement:

\_\_\_\_\_  
\_\_\_\_\_

15. Co-Trainer's self-evaluation of session and ideas for improvement:

\_\_\_\_\_  
\_\_\_\_\_

16. Observers feedback and recommendations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Observer's Comments and Recommendations received: \_\_\_\_\_  
(Group Trainer's Signature & Date)

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*Using the following criteria, please assess how effectively the Trainer and Co-Trainer conducted the anger control session.*

1. Demonstrate knowledge of the content presented.
2. Pace of the Presentation.
3. Use of platform skills (body, hands, eye contact, facial expression, voice)
4. Keep participants interested and involved.
5. Use visuals to support the presentation and clarify concepts.
6. Convey enthusiasm and a belief in what is presented.
7. Organized and structured the activity (followed established procedure).